

CLAIMS

I claim:

1. Exercise equipment comprising:

- 5 a hand attachment;
 an elbow attachment;
 a knee attachment; and
 a foot attachment.

2. The exercise equipment as defined in Claim 1, wherein said hand attachment comprises:

- 10 a hand base having a top and a bottom;
 a protruding hand pad attached to said top of said hand base; and
 a wheel attached to said bottom of said hand base.

3. The exercise equipment as defined in Claim 1, wherein said hand attachment and said elbow attachment comprise:

- 15 a glove having opposing ends;
 an elbow base attached to one end of said glove;
 a hand base attached to said opposing end of said glove; and
 a plurality of wheels attached to said bottom of said hand base and said elbow base.

4. The exercise equipment as defined in Claim 1, wherein said elbow attachment comprises:

- 20 an elbow base having a top and a bottom;
 an elbow pad attached to said top of said elbow base;
 a first elbow strap having opposing ends with one end connected to said top of said elbow base;
 a second elbow strap having opposing ends with one end connected to said top of said elbow base; and
25 a wheel attached to said bottom of said elbow base.

5. The exercise equipment as defined in Claim 1, wherein said knee attachment and said foot attachment comprise:

- 30 a boot having opposing ends;
 a knee base attached to one end of said boot; and
 a plurality of wheels attached to said bottom of said knee base and said opposing end

of said boot.

6. The exercise equipment as defined in Claim 1, wherein said knee attachment comprises:

a knee base having a top and a bottom;

a knee pad attached to said top of said knee base;

5 a first knee strap having opposing ends with one end connected to said top of said knee base;

a second knee strap having opposing ends with one end connected to said top of said knee base; and

a wheel attached to said bottom of said knee base.

10 7. The exercise equipment as defined in Claim 1, wherein said hand attachment and said elbow attachment comprise:

a glove having opposing ends;

an elbow base attached to one end of said glove wherein said bottom of said elbow base is coated with polytetrafluoroethylene; and

15 a hand base attached to said opposing end of said glove wherein said bottom of said hand base is coated with polytetrafluoroethylene.

8. The exercise equipment as defined in Claim 1, wherein said foot attachment comprises:

a shoe having opposing ends; and

a wheel attached to said end of said shoe.

20 9. The exercise equipment as defined in Claim 1, wherein knee attachment and said foot attachment comprise:

a boot having opposing ends wherein one end of said boot is coated with polytetrafluoroethylene; and

25 a knee base attached to said opposing end of said boot wherein said bottom of said knee base is coated with polytetrafluoroethylene.

10. Exercise equipment comprising:

a plurality of hand bases having a top and a bottom;

a plurality of hand pads attached to said top of said hand bases;

a plurality of wheels attached to said bottom of said hand bases;

30 a plurality of elbow bases having a top and a bottom;

- a plurality of first elbow straps having opposing ends with one end connected to said top of said elbow bases;
- a plurality of second elbow straps having opposing ends with one end connected to said top of said elbow bases;
- 5 a plurality of wheels attached to said bottom of said elbow bases;
- a plurality of knee bases having a top and a bottom;
- a plurality of first knee straps having opposing ends with one end connected to said top of said knee bases;
- a plurality of second knee straps having opposing ends with one end connected to said top of said knee bases;
- 10 a plurality of wheels attached to said bottom of said knee bases;
- a plurality of shoes having opposing ends; and
- a plurality of wheels attached to said end of said shoes.
11. The exercise equipment as defined in Claim 10, wherein said wheels are of the caster type.
- 15 12. The exercise equipment as defined in Claim 10, further comprising:
- a plurality of hand pads attached to said top of said hand bases;
- a plurality of elbow pads attached to said top of said elbow bases; and
- a plurality of knee pads attached to said top of said knee bases.
- 20 13. The exercise equipment as defined in Claim 12, wherein said hand pads, said elbow pads, and said knee pads are made of foam rubber.
14. The exercise equipment as defined in Claim 10, wherein said hand bases, said elbow bases, said knee bases, and said shoes are selected from the group consisting of plastic, steel, aluminum, titanium, wood, and carbon fiber composite.
- 25 15. The exercise equipment as defined in Claim 10, wherein said opposing ends of said first elbow straps and said second elbow straps are removably connected by hook and loop fasteners.
16. The exercise equipment as defined in Claim 10, wherein said opposing ends of said first knee straps and said second knee straps are removably connected by hook and loop fasteners.
- 30 17. Exercise equipment comprising:

a plurality of hand bases having a top and a bottom;
a plurality of hand pads attached to said top of said hand bases;
a plurality of elbow bases having a top and a bottom;
a plurality of first elbow straps having opposing ends with one end connected to said
5 top of said elbow bases;
a plurality of second elbow straps having opposing ends with one end connected to
said top of said elbow bases;
a plurality of knee bases having a top and a bottom;
a plurality of first knee straps having opposing ends with one end connected to said
10 top of said knee bases;
a plurality of second knee straps having opposing ends with one end connected to said
top of said knee bases; and
a plurality of shoes having opposing ends.

18. The exercise equipment as defined in Claim 17, wherein said bottom of said hand bases,
15 said bottom of said elbow bases, said bottom of said knee bases, and said end of said shoes
have a low coefficient of static friction.

19. The exercise equipment as defined in Claim 18, wherein said bottom of said hand bases,
said bottom of said elbow bases, said bottom of said knee bases, and said end of said shoes
have a low coefficient of kinetic friction.

20. The exercise equipment as defined in Claim 19, wherein said bottom of said hand bases,
20 said bottom of said elbow bases, said bottom of said knee bases, and said end of said shoes are
coated with polytetrafluoroethylene.